



Volume 26
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The New Sun Times

New Fairfield Senior Center Newsletter

From the Desk of Director Kathy Hull:

The whole town of New Fairfield, along with the entire United States, is engaged in planning for the celebration of our nation's 250th Celebration. There will be multiple ways to follow and participate in the activities between June 15th and July 15th.

Our Senior Center has always had a contingent in the Lions Club Fourth of July Parade. Let's make it extra special this year. Sign up with us, bring your ideas, and be a part. You can see some of our previous floats [HERE](#)



**At the Culinary Institute
on the Hudson**



Kathleen and Aimee enjoying the "Sweet vs. Savory Class" at the CIA



Mother Daughter Tea 2026



Our amazing exercise group!

From Jen Hudson's Scam Patrol

Are you worried about the Threat of Artificial Intelligence?

Here's terms you should know:

- Chatbots are Computer programs that may use AI to simulate human conversation (as in texts) and could be used to obtain your information.
- Voice Cloning may mimic the voice of someone you know.
- Deepfakes are authentic looking AI-generated videos or images.

Here are tips to protect yourself:

- Do not share sensitive information via phone, email, text, or social media
- Do not transfer or send money to unknown locations.
- Designate a "safe word" for your family that is only shared with family members and close contacts.
- Do not provide any personal information to an online chatbot.
- Report potential scams to the authorities and the companies involved.

U.S. Senate Special Committee on Aging Fraud Hotline: 1-855-303-9470
Monday-Friday 9AM-5 PM ET

*Jen meets with us the third Tuesday of the month at lunchtime here at the Senior Center.

From the Office of New Fairfield's Assessor

The last day to submit applications for Elderly Tax Relief is May15

Find the guidelines: Click [HERE](#) or

Visit: <https://www.newfairfield.org/municipal-departments/town-administration/assessor>

May is Older Americans Month

The 2026 theme, Champion Your Health, underscores prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year, we are focused on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives. Start championing your health right here at the Senior Center!

Movies: Fridays at 1:00

Relax with friends and snacks

"Mrs. Palfrey at the Claremont": May 1,

A recently widowed woman, Laura Palfrey, moves into a London hotel to live out her final days among fellow eccentric elderly residents. Seeking dignity despite familial abandonment, she strikes up an unexpected friendship with Ludo, a young writer who pretends to be her grandson.

"A Beautiful Day in the Neighborhood": May 8, Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past.

"Meet the Parents": May 15,

Everything that can possibly go wrong for groom-to-be Greg Focker does. The problems begin with Greg's disastrous first meeting with his girlfriend's family -- most notably her intimidating father Jack Byrnes, and it's all downhill from there.

NO MOVIE MAY 22

"Night at the Museum": May 29,

A night watchman at a museum of natural history makes a startling discovery: Thanks to the unleashing of an ancient Egyptian curse, the museum's animals, birds, bugs and other exhibits spring to life after the building closes, and former President Teddy Roosevelt is among those the hapless guard encounters.



Some regularly scheduled programs:

Wheel of Fortune: *Mondays other than 1st Monday at 1:00* You can play either in person at the center or via zoom.

Technology Assistance: *Tuesdays and Wednesdays, 1:00 pm* James offers assistance with many of your devices. Contact us to schedule your free appointment.

Stitch by Stitch Quilting: *Tuesdays & Fridays at 10:00*

Investment Club – Tuesdays 1:30 pm

Meet weekly in the Community Room to share money lessons and tips on stocks and portfolios shared with like-minded individuals.

Women’s Pool: *Tuesdays 12:00 –2:00*

Men’s Pool: *Tuesdays at 2:00 –4:00*

These groups get together every week to play pool. No experience necessary.

Art Class: *Wednesdays or Thursdays at 10:00*

Dominick Tomanelli, a gifted artist in many mediums, leads this weekly class. \$35 for a 6 week session.

Sit n Stitch: *Wednesdays at 10:00*

Novice to experienced knitters are welcome! If you need help, there is always someone to offer it.

Cards and Games: *at 1:00* This is a great time to put a group together to play your favorite game.

Blood Pressure Screening: *Wednesdays & Thursdays at 9:00-12:00*

French Conversation Class: *Thursdays 9:00 am*

This casual class with Claire Tuffereau is for those who have a basic knowledge of French and want to keep that alive, \$30 for a 6- week session

Cornhole: *Mondays & Thursdays at 3:00*

Show your cornhole skills and have some fun. Show up and join a team.

Spanish: *Every Friday at 9:00 am*

Tatiana makes learning Basic Spanish a fun activity. Sign up for free.

“Free Form Dance”: *Fridays at 11:00 am* Tatiana is back to lead us in an enjoyable way of movement.

Crafts: *Fridays at 1:00* This group gets together every week to work on crafts for the craft fair.

This is a good time to purchase their items at the Sunshine Boutique for holiday gift giving.

Senior Center Annual Kick Off the Summer Picnic

Thursday, June 25, 12:00 pm

Join us for hamburgers and hot dogs and all the fixin’s. There will be salads and watermelon, too. Stay for ice cream, games, and prizes as we wrap up our celebration in style. Sign up for only \$10 per person.



** SOME SPECIAL PROGRAMS **

Pearls from Carol: *Wednesday, May 13 at 1:30 am*

Carol Ruggiero belonged to a writing group in Milford, CT for over twenty years. Upon her passing, her devoted husband Albert Ruggiero felt her writing deserved a bigger audience so he published a collection of her work in Pearls from Carol. Join him to hear about Carol’s life and her short, funny, and thought provoking stories, poems, and essays. Al guarantees laughs and tears. Call 203 312-5665 or stop by to reserve your seat.

***Line Dancing Demo Class - FREE:** *Tuesday, May 12 at 11:00* Coleen Krempel will be leading a 6-week Line Dancing class beginning May 19th. Before committing to the 6-week paid class, you can try the demo class for free. Line Dancing is good for your brain and your balance and it makes you a lot more fun at parties!

Some Highlights of Our Center Programs and Activities
Come in for a calendar or visit <http://www.newfairfieldseniorcenter.org>

Caregivers Support Group – Saturday, May 2 10:00 am
Maureen Salerno, LCSW, offers a session at the Center once a month for caregivers who need support and information. This group is for any family member or friend who cares for a loved one, whether the limitation is due to an illness, an injury, dementia or something else.

Hot Dog Bingo: Monday, May 4 at 1:00 \$6 covers both 1st Bingo card and refreshments. Additional cards are \$1.00 each. Please, adults only. Come for fun.

Men's Breakfast Club Tuesday, May 5, 8:30 am Enjoy some hot catered breakfast foods. Donations are kindly requested to offset the cost of breakfast.

Crafts with Danielle: Monday, May 5 at 1:30 Join Danielle Ramos from Bethel Health Care will be here to lead the group in a decorating a plant pot with fabric. Sign up.

Bronx Club: Wednesday, May 6 at 11:00

We will share memories and experiences and meet other "Bronx Transplants". We live in Connecticut now, but our hearts will always be in the Bronx!

Serenity Circle: Wednesday, May 6 at 3:00

People of all faiths are welcome to join to share prayers and inspirational writings for both inner peace and world peace. Bring a prayer or quote of your own or choose from available books with writings encompassing many themes. Hosted by Susan and Michael Dutton.

Garden Club: Friday, May 1 at 10:00 am

Garden Club members meet on the first Friday of every month. Newcomers are welcome. Odd months we meet at the Senior Center, even months we meet at Putnam Diner

***Walking Club: meets at the Senior Center to carpool**

May 5: Farrington Park, I-84 Exit 1 Entrance (9:30)

May 12: Meeting (10:30)

May 19: Lasdon Park, Katonah (9:30)

May 26: Game Farm Rd., Pawling (9:30)

June 2: Lakeside, Pawling (9:00. We will meet at 9:00 from now on until the end of the summer.)

Origami with Dirk: Tuesday, May 12 at 1:00 Dirk Fernandez will be here to lead a class in Origami. Everyone will be making their own Origami Lotus flower project that they can bring home to enjoy. All materials will be supplied.

Home Exercises for Longevity – Thursday, May 6, 12:30 Join our Wednesday Sittercise group and Clay Callahan of Comfort Keepers to learn these helpful exercises.

Cooking with Puti: Friday, May 8 at 12:00

Puti Malavenda is coming back to warm our hearts with her recipe for Garlic Parmesan Mini Pizzas. Sign up and join us. Tasting is available.

Friends of the Senior Center Meeting – Wednesday, May 13, 3:00 The Friends are always looking to welcome new members and fresh ideas for their projects and fundraising.

Intuitive Readings: Intuitive readings are sessions where a professional reader will read your energy vibrations. Based on that, they will work to help you empower yourself. Sign up for your 15 minutes with Courtney Stark for \$15.00.

Foot Reflexology Appointments with Eileen Byrnes:

Tuesdays, May 5 and May 26 at 9:00 Reflexology reduces stress, promotes relaxation, improves circulation of oxygen and nutrients, also detoxifies and cleanses the body. Eileen Byrnes, nationally certified reflexologist, provides one-on-one therapy appointments. Since this is partly funded by the Friends of the NFSC, you may sign up for a 30-minute appt. for only \$25.

Financial Literacy - Annuities: Monday, May 11 at

2:00 Join Mary Ann Simmons to learn more about what annuities are, the different types, and what they can do for you.

The Price Is Right – Thursday, May 21, 1:00 Closest guess wins the item. Make sure you sign up for the fun!

Red Hat Luncheon : Tuesday, May 26 at 1:00

The Sunshine Rambling Roses is the only New Fairfield officially registered chapter of the Red Hat Society. We are holding out our red-gloved hands and inviting you to join us at our next monthly luncheon

Women's Book Club: Thursday, May 28 at 11:00

We will be reading "Isola" by Allegra Goodman. There is a monthly fee of \$4.

EXERCISE

Zumba: Mondays or Wednesdays at 9:30am

Zumba is the type of aerobic exercise you'll want to do every day and feel good about! Six week session is \$30

Bodies in Motion: Monday, Wednesday and Thursday at 11:00

Easy-to-follow free class in a friendly atmosphere with up-beat music.

Tai Chi/qigong: Tuesdays at 10:00

Improved stress reduction, balance, and agility is the focus of Tai Chi. Six-week session is \$30

Chair Yoga: Fridays at 1:00 with Beverly Steiger Yoga classes weekly. Six week session is \$30

Movers and Shapers: Thursday, 9:30 am One-hour variety of exercises designed to increase strength, endurance, and range of movement. Led by certified instructor Coleen Krempel, a six-week session is \$30

Sittercise: Wednesdays at 12:30 Sittercise is a free 45-minute exercise program designed for use with all levels of ability including the physically challenged. Led by Eileen Walther

After Hours Yoga: Wednesdays at 5:15 Yoga classes weekly with Toni Maconi. Six week session is \$30.00.

Moderate Yoga: Tuesdays at 9:00 with Toni Maconi, Fridays at 10:00 with Beverly Steiger

This 6 week session is \$30.

TRIPS

For complete details, stop in for a flyer or download one from our website:

<http://www.newfairfieldseniorcenter.org/trips>

Your check made out to N.F.S.C. is your reservation for day trips

Please note that your check holds your spot and that our buses are loaded based on the date that you register with your check. We are required to give a final count 4-6 weeks in advance and cannot give you a refund after that time unless the trip is full and another traveler takes your place. If the trip has filled and we have a waiting list, we will attempt to fill your spot and have you reimbursed.

ALL TRIPS DEPART FROM THE UPPER PARKING LOT



THE NEW YORK BEE GEES

The Ultimate Tribute at the Aqua Turf

Thursday, May 14, 2026

All the classic 70's disco hits!

**Coffee & Donuts on arrival
Family Style Luncheon**

Cost: \$142

Depart: 10:00 am

Est. Return: 5:00 pm

Frick Collection and Carmine's Upper West Side

Tuesday, June 16, 2026

The Frick Collection - a premier art museum on the upper East Side - has reopened after an expansive renovation of this 1914 mansion which houses art from the Renaissance to the early 20th century.

Enjoy a Family-style Lunch at the famous Carmine's Upper West Side. Visit Zabar's Gourmet Market



Cost: \$151 Bus departs 7:30 am Est. Return: 6:45 pm



Hudson River Cruise on the Rip Van Winkle Thursday, July 9, 2026

Enjoy a plated lunch at The Cornell restaurant on the Kingston waterfront in the heart of downtown Kingston on the historic Rondout. Choose from : Shaved Prime Rib Sandwich, Thanksgiving Sandwich, or Fish and Chips.

Entrée Selection in Advance.

All aboard for a narrated cruise heading South to Hyde Park and back. See beautiful views of Hudson River lighthouses, waterfront mansions, and other amazing sights.

Cost: \$153 Depart: 10:15 am from the upper parking lot Est. Return: 5:45 pm

This trip cost is discounted by the generosity of the Frank Klemczak Memorial Fund of the Friends of the New Fairfield Senior Center

New Fairfield Senior Center

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New Fairfield, CT 06812

Phone (203) 312-5665

Save the Date!!!
***Annual Friends of the Senior Center
Tag, Bake, and Plant Sale***
Saturday June 6, 9-3:00

**Today ONLY
SALE**

A great day to shop for treasures!

A great way to sell your items !

Find your application for a space on the Friends page of the website: <https://www.newfairfieldseniorcenter.org/friends-of-senior-center>

OR use the QR code:



In Honor of
USA's 250th Anniversary:
Take a chance on this 60" X7 2"
Patriotic Quilt
While you're here

